

Cycle training programme

February half-term 2023

For children aged 10-17
£20 per course

These courses are run by DBS-checked,
Bikeability qualified, cycling instructors

13 & 14 February (12 places available) 9.15am – 2.45pm
Level 1 & 2 Combined - 2 day course
Shaw House, Church Road, Shaw, Newbury RG14 2DR
To book: <https://activetravel.wbcroadsafety.co.uk/Home/View/74>

15 & 16 February (12 places available) 9.15am – 2.45pm
Level 1 & 2 Combined - 2 day course
Kennet Leisure Centre, Stoney Lane, Thatcham, RG19 4LJ
To book: <https://activetravel.wbcroadsafety.co.uk/Home/View/75>

17 February (6 places available) 9am – 12noon
Level 3 - approx. 3 hours
Kennet Leisure Centre, Stoney Lane, Thatcham, RG19 4LJ
To book: <https://activetravel.wbcroadsafety.co.uk/Home/View/76>

17 February (6 places available) 12.30pm – 3.30pm
Level 3 - approx. 3 hours
Kennet Leisure Centre, Stoney Lane, Thatcham, RG19 4LJ
To book: <https://activetravel.wbcroadsafety.co.uk/Home/View/77>



Bikeability Level 1 & 2 Combined (Age 10+) – 2 day course

This Level 2 course will be combined with Level 1 over the two days of training to ensure the rider covers all aspects required to independently cycle. The training teaches children how to grow more confident with each turn of the pedal. Our expert instructors will lead riders onto quiet roads, to experience “real” cycling.

Bikeability Level 1 & 2 teaches riders to:

- Start and stop with more confidence
- Pass stationary vehicles parked on a road
- Understand the road: signals, signs and road markings
- Negotiate the road: including quiet junctions, crossroads and roundabouts
- Share the road with other vehicles

Bikeability Level 3 (Age 10+) – approx. 3 hours

This Level 3 course teaches the skills to tackle a wider variety of traffic conditions than Level 2. It is designed to equip riders with skills that enable them to be able to deal with all types of road conditions and more challenging traffic situations. The course covers dealing with hazards, making ‘on-the-move’ risk assessments, and planning routes for safer cycling, for instance, cycling to school, going to a friend’s house etc.

Bikeability Level 3 teaches riders to:

- Encourage and develop safe cycling skills
- Develop positive attitudes towards road use
- Increase knowledge and understanding of the road and traffic environment
- Give the rider confidence to use their bikes on longer journeys

Please re-read the orange Level 2 booklet riders will have received on completing the Level 2 training. The rider should have been practicing the skills they have learnt as it is easy to forget some key areas, so be prepared.

Before your training day

- Check the bike is road worthy – including two working brakes.
- Tyres are inflated and the moving parts are working well.
- Depending on the time of year, weather conditions or where the training is taking place it is important to be seen. Consider adding bike lights and reflectors.

More information can be found on our website:

<https://activetravel.wbcroadsafety.co.uk> or
please email: activetravel@westberks.gov.uk